



Presented especially for you by:

The Nutrition & Physical Activity Taskforce

For more information or to get involved
call 760.924.1818 or visit us at
www.monohealth.com



MAKING THE HEALTHY CHOICE

5:00-8:00pm

**Mammoth High School
Multi-Purpose Room**

*A community event calling attention to
overweight and obesity rates in Mono County
and celebrating the national movement
for healthy, affordable, and sustainable food.*

Acknowledgments

Thank you to all the individuals, agencies, and restaurants who have supported Food Day 2012. We could not have accomplished it without you!

Agencies and Staff:

Culinary Arts Students and Trish Qualls
Health Science Academy Students
and John Simeon
Kern Community College District
Mammoth Hospital
Mammoth Unified School District
Mono County Health Department
Mono County WIC
Mono County Office of Education
Nutrition & Physical Activity Taskforce

Participating Restaurants:

Java Joint
Mammoth Mountain
Stellar Brew/Sierra Bounty
Toomey's
Z-Pizza

Raffle Contributors:

Whitebark Restaurant at the Westin
Gomez's Restaurant
Petra's Bistro
Bleu Handcrafted Foods
The Mogul Restaurant
Stellar Brew Natural Cafe
Nik-n-Willie's Pizza-n-Sandwiches

Food Day Program

5:00-5:25 p.m.

Registration

Appetizers and refreshments provided by
Mammoth High School Culinary Arts Students

75210: *Simple Steps to Better Health* outreach
provided by Health Science Academy Students

5:25-5:30 p.m.

Welcome and Introductions by the Nutrition &
Physical Activity Taskforce

5:30-6:30 p.m.

Presentation of the film *Choices*, from the
HBO series *Weight of the Nation*.

6:30-7:00 p.m.

Buffet of healthy tastings from local restaurants:
Java Joint, Mammoth Mountain, Stellar Brew/Sierra
Bounty, Toomey's and Z-Pizza

7:00-7:30 p.m.

Discussion about how we can impact the community
to reduce local overweight & obesity rates

7:30 p.m.

Raffle and final comments